

2014

JUNIOR LIFEGUARD FAMILY HANDBOOK



This handbook will provide valuable information about the program and its day-to-day operations. Included are descriptions of all Special Events, Junior Lifeguard Program Requirements, General Orders, and the 2014 Calendar. Please read the entire handbook thoroughly and carefully.

We wish you a fun, safe, and enjoyable summer.

Please call or email us with any questions.

(949) 644-3170

newportjg@nbfd.net

Facebook: Newport Beach Junior Lifeguard Program

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Instagram NBJG

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I.) Program Overview

A.) Program Objectives

Our main objective is to provide children ages 9 to 15 with training in ocean safety. The program content consists of

- 50% Ocean Safety,**
- 15% Physical Development**
- 15% Personal Development**
- 10% Emergency Response Skills**
- 10% Competition**

To accomplish this the program utilizes a classroom type environment and outside activities to teach safety while at the beach. The program will inform the Junior Lifeguard how to properly prevent injury and respond correctly in emergency situations.

B.) Staffing

The Junior Lifeguards is part of the Marine Operations Division of the Newport Beach Fire Department. The Program staff for the 2014 season is led by Training Captain Brian O'Rourke and Lifeguard Officer George Leeper. Every Instructor and leader is a certified US Lifeguarding Advanced Agency Ocean Lifeguard for the City of Newport Beach Fire departments and Red Cross Emergency Medical Responder.

C.) Times & Location

The 2014 Junior Lifeguard Program is in session from June 23rd to August 7th. The morning session is from 9 am to 12 noon and the afternoon session is from 1 pm to 4 pm, Monday through Thursday.

JG Headquarters is located next to the Balboa Pier at “A” street.



Junior Lifeguards are required to report promptly to Junior Lifeguards Headquarters in uniform each day of the program.

D.) Thursday Competition Day

Competitions are conducted on Thursdays. The Junior Lifeguards compete within their groups in individual & team activities. These events are to encourage the JGs to use and improve their skills and gain confidence in the ocean. Sportsmanship, teamwork and camaraderie are stressed. Most events are required for graduation

E.) Age Divisions

Junior Lifeguard classes are separated into four divisions. This is based on The JGs age as of June 30. These are the four divisions:

A- 14-16 year olds

B- 12-13 year olds

C- 10-11 year olds

D- 9 year olds

F.) Uniforms

Junior Lifeguards must report in uniform each day of the Junior Lifeguard program in order to participate. The uniform consists of issued: trunks, T-shirt, sweatshirt, backpack, and hat. In addition, Junior Lifeguards should bring: fins, towel, snack, drink, rash guard (optional), notebook, and sunscreen in their backpack. **All personal gear should be marked with the Junior Lifeguard's name in permanent ink.** Past years' uniforms may be worn (except on picture day) **The Junior Lifeguard uniform is to be worn ONLY while the program is in session.** Violation of this policy will result in disciplinary action.

G.) Absences

All absences are required to be verified by a parent or guardian in the form of a written note. Make-ups must be prearranged and authorized in advanced by instructor. Make-up days are only permitted after a Junior Lifeguard has missed 5 or more days.

H.) Beach Orientations

During the Junior Lifeguard program, special beach orientations will be scheduled for individual groups to visit various locations in Newport Beach. Junior Lifeguards will be notified in advance by a handout given to them by their Junior Lifeguard Instructor prior to the orientation. If a Junior Lifeguard is unable to attend a designated beach orientation, they should report to Junior Lifeguard headquarters at their regularly scheduled time. The

Junior Lifeguard will be assigned to an alternate group for the day. (Examples of Beach Orientation Locations are: 74th Street, 44th Street, 40th Street, and Corona Del Mar State Beach).

**The following 4 pages include possible
Field Trip Locations**

EXAMPLE

Newport Beach Junior Lifeguard Big Corona Beach Orientation



Day: _____

Date: _____

The following Junior Lifeguard Groups: _____

...will be meeting and dismissed at **Inspiration Point** in Corona del Mar for a beach orientation. Please have your Junior Lifeguard wear their uniform, including tennis shoes.

If you enter the parking lot, you will have to pay so you may drop and pickup your Junior Lifeguards at the top of the hill at Inspiration Point Park and they may walk down. Please have your Junior Lifeguard meet in uniform at their regularly scheduled time 9-12 am or 1-4 pm. No Junior Lifeguards will be allowed to go to the snack bars, so encourage your Junior Lifeguards to bring a snack with a drink and plenty of water. Also, please make sure all of their gear is marked with their name.

If your child is unable to meet at Corona Del Mar Main Beach, they should attend regular Junior Lifeguard class at the Balboa Pier where we will place them with another group for the day.

Questions?

newportjg@nbfd.net

(949) 644-3170



EXAMPLE

Newport Beach Junior Lifeguard 44th Street Beach Orientation



Day: _____

Date: _____

The following Junior Lifeguard Group: _____

...will be meeting and dismissed at **Tower #44** in Newport Beach. Please meet at your regular time 9-12 am or 1-4 pm.

Please wear your Junior Lifeguard uniform and bring a snack with a drink. You may also bring a boogie board if you would like. Please make sure all of your equipment and gear is clearly labeled with your name.

If you are unable to meet at **Tower #44** you should attend regular Junior Lifeguard class at the Balboa Pier and we will place you with another group for the day.

Questions?

newportjg@nbfd.net

(949) 644-3170



EXAMPLE

Newport Beach Junior Lifeguard 40th Street Beach Orientation



Day: _____

Date: _____

The following Junior Lifeguard Groups: _____

...will be meeting and dismissed **Tower #40** in Newport Beach. Please meet at your regular time 9-12 am or 1-4 pm.

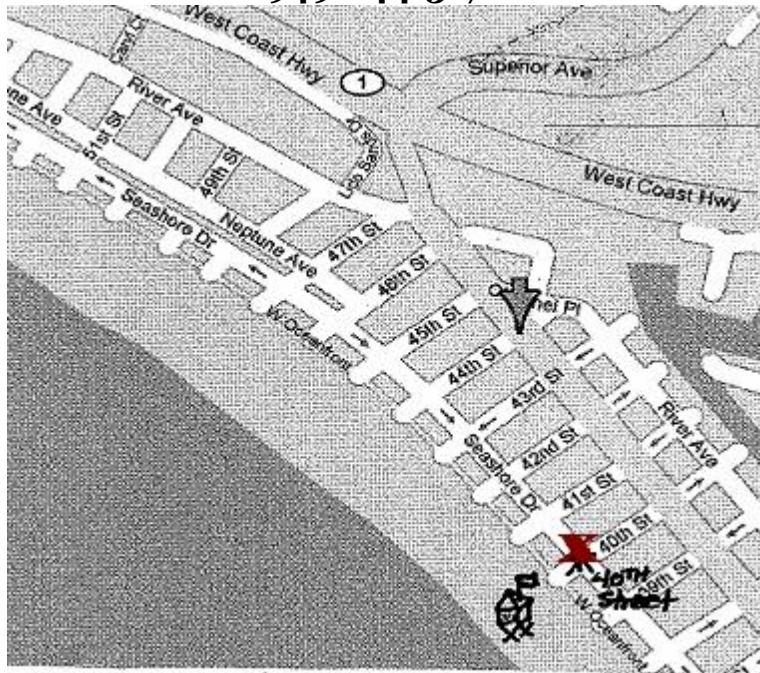
Please wear your Junior Lifeguard uniform and bring a snack with a drink. You may also bring a boogie board if you would like. Please make sure all of your equipment and gear is labeled with your name.

If you are unable to meet at **Tower #40** you should attend regular Junior Lifeguard class at the Balboa Pier and we will place you with another group for the day.

Questions?

newportjg@nbfd.net

949.644-3170



EXAMPLE

Newport Beach Junior Lifeguard 74th Street Beach Orientation



Day: _____

Date: _____

The following Junior Lifeguard Groups: _____

...will be meeting and dismissed at **Tower #74** in Newport Beach. Please meet at your regular time 9-12 am or 1-4 pm.

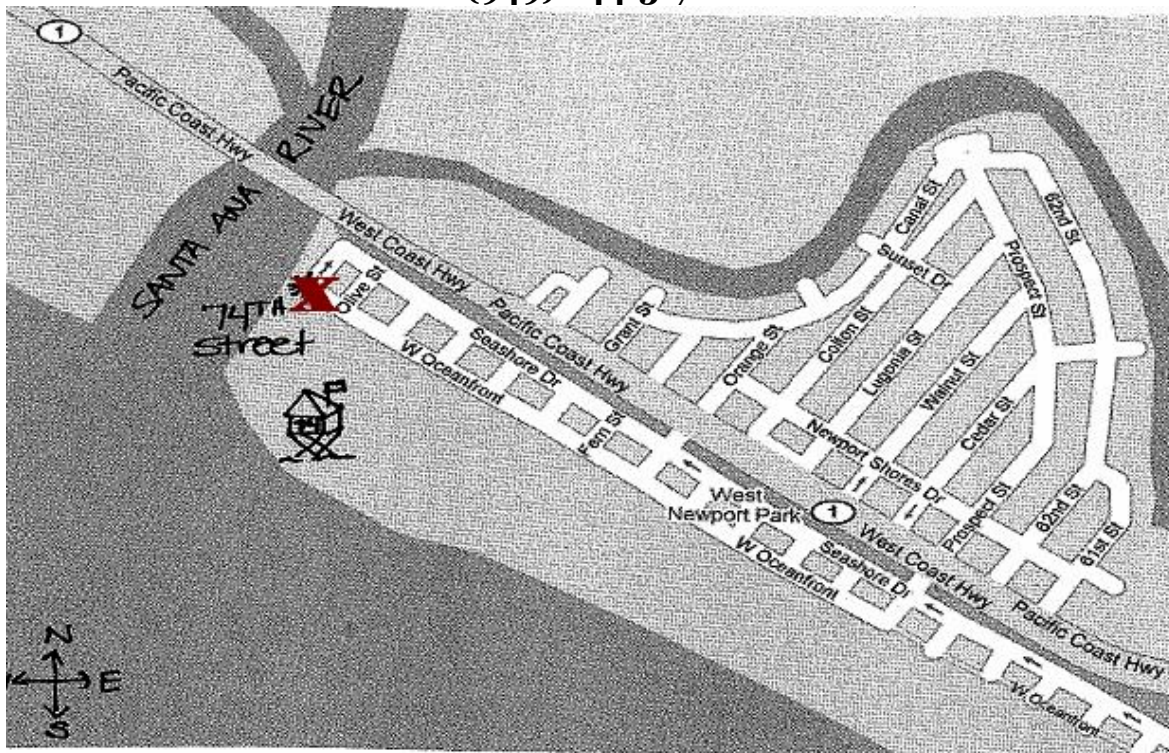
Wear your Junior Lifeguard uniform and bring a snack with a drink.

If you are unable to meet at **Tower #74**, attend regular Junior Lifeguard class at the Balboa Pier and we will place you with another group for the day.

Questions?

newportjg@nbfed.net

(949) 644-3170





I.) United States Surf Lifesaving Association

All Newport Beach Junior Lifeguards are registered with the United States Surf Lifesaving Association (USLA). Junior Lifeguards will receive a membership card, stickers, and the *American Lifeguard Magazine* by mail from the USLA office.

Many local shops offer a Junior Lifeguard discount when your USLA card is presented. Please check the J.G. announcement board for special offers.

II.) Requirements

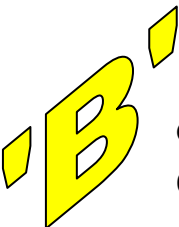
All Junior Lifeguards will graduate at the end of the Junior Lifeguard program with a specific rank based on completion of the age division requirements. The following pages detail the Junior Lifeguard ranks for each rank for every division.



CERTIFICATION REQUIREMENTS

(AS YOU COMPLETE EACH REQUIREMENT, WRITE THE DATE IN THE BOXES BELOW.)

PHYSICAL REQUIREMENTS	DATE OF COMPLETION
JUNIOR LIFEGUARD BASIC STANDARDS	
REQUIRED BY ALL JG'S	
•	
• PUBLIC RELATIONS REQUIRMENTS	
• GENERAL ORDERS	
• SIMULATED RESCUE	
• IDENTIFY AND SWIM OUT OF RIP	
• BASIC FIRST AID, PERSONAL SAFETY, & SUN PROTECTION	
• GENERAL LIFEGUARD OPERATIONS	
• BODYSURFING ABILITY AND OCEAN AWARENESS	
• LIFEGUARD SAFETY AID SKILLS	
• 50 SIT UPS	
• 45 PUSH UPS	
• INSTRUCTOR APPROVAL	
PHYSICAL EVENTS	
Captain =5 Required & 4 Elective Events	
"A" Junior Lifeguard = 4 Required & 3 Elective Events	
Required Events	
• REENIE'S BUOY SWIM	
• RUN-SWIM-RUN	
• WEDGE RUN	
• PIER SWIM	
• MINI IRON MAN	
Elective Events	
• LONG DISTANCE RUN	
• LONG DISTANCE SWIM	
• PADDLE	
• SOFT SAND SPRINT	
• MONSTER MILE	
• GRAY LUNDE IRONMAN	
• "A" BUOY SWIM	
• TRIPLE "A"	
• RUN-SWIM-RUN-SWIM	
• PIER-WEDGE-PIER	
GRADED EVENTS	
• WRITTEN TEST = Captain 90%, "A" JG 75%	
• ABSENCES = Captain 5 Days, "A" JG 8 Days	
FINAL RANK	



CERTIFICATION REQUIREMENTS

(AS YOU COMPLETE EACH REQUIREMENT, WRITE THE DATE IN THE BOXES BELOW.)

PHYSICAL REQUIREMENTS	DATE OF COMPLETION
JUNIOR LIFEGUARD BASIC STANDARDS	
REQUIRED BY ALL JG'S	
• "WIPEOUT"	
• PUBLIC RELATIONS REQUIREMENTS	
• GENERAL ORDERS	
• SIMULATED RESCUE	
• IDENTIFY AND SWIM OUT OF RIP	
• BASIC FIRST AID, PERSONAL SAFETY, & SUN PROTECTION	
• GENERAL LIFEGUARD OPERATIONS	
• BODYSURFING ABILITY AND OCEAN AWARENESS	
• LIFEGUARD SAFETY AID SKILLS	
• 40 SIT UPS	
• 35 PUSH UPS	
• INSTRUCTOR APPROVAL	
PHYSICAL EVENTS	
Lieutenant = 4 Required & 4 Elective Events	
"B" Junior Lifeguard = 3 Required & 3 Elective Events	
REQUIRED EVENTS	
• REENIE'S BUOY SWIM	
• RUN-SWIM-RUN	
• WEDGE RUN	
• PIER SWIM	
ELECTIVE EVENTS	
• LONG DISTANCE RUN	
• LONG DISTANCE SWIM	
• PADDLE	
• SOFT SAND SPRINT	
• MONSTER MILE	
• GRAY LUNDE IRON MAN	
• "B" BUOY SWIM	
• "BONZAI BOMB"	
GRADED EVENTS	
• WRITTEN TEST = Lieutenant 90%, "B" JG 75%	
• ABSENCES = Lieutenant 5 Days, "B" JG 8 Days	
FINAL RANK	



CERTIFICATION REQUIREMENTS

(NOTE: AS YOU COMPLETE EACH REQUIREMENT, WRITE THE DATE IN THE BOXES BELOW.)

PHYSICAL REQUIREMENTS	DATE OF COMPLETION
JUNIOR LIFEGUARD BASIC STANDARDS	
REQUIRED BY ALL JG'S	
• "WIPEOUT"	
• PUBLIC RELATIONS REQUIREMENTS	
• GENERAL ORDERS	
• SIMULATED RESCUE	
• IDENTIFY AND SWIM OUT OF RIP	
• BASIC FIRST AID, PERSONAL SAFETY, & SUN PROTECTION	
• GENERAL LIFEGUARD OPERATIONS	
• BODYSURFING ABILITY AND OCEAN AWARENESS	
• 30 SIT UPS	
• 25 PUSH-UPS	
• INSTRUCTOR APPROVAL	
PHYSICAL EVENTS	
Ensign = 3 Required & 4 Elective Events	
"C" Junior Lifeguard = 2 Required & 3 Elective Events	
REQUIRED EVENTS	
• REENIE'S BUOY SWIM	
• RUN-SWIM-RUN	
• WEDGE RUN	
ELECTIVE EVENTS	
• LONG DISTANCE RUN	
• LONG DISTANCE SWIM	
• PADDLE	
• SOFT SAND SPRINT	
• MONSTER MILE	
• GRAY LUNDE IRON MAN	
• "C" BUOY SWIM	
• VITAMIN "C"	
GRADED EVENTS	
• WRITTEN TEST = Ensign 90%, "C" JG 75%	
• ABSENCES = Ensign 5 Days, "C" JG 8 Days	
FINAL RANK	



CERTIFICATION REQUIREMENTS

(NOTE: AS YOU COMPLETE EACH REQUIREMENT, WRITE THE DATE THE IN BOXES BELOW.)

PHYSICAL REQUIREMENTS	DATE OF COMPLETION
JUNIOR LIFEGUARD BASIC STANDARDS	
REQUIRED BY ALL JG'S	
• "WIPEOUT"	
• PUBLIC RELATIONS REQUIREMENTS	
• GENERAL ORDERS	
• SIMULATED RESCUE	
• IDENTIFY AND SWIM OUT OF RIP	
• BASIC FIRST AID, PERSONAL SAFETY, & SUN PROTECTION	
• GENERAL LIFEGUARD OPERATIONS	
• BODYSURFING ABILITY AND OCEAN AWARENESS	
• 20 SIT UPS	
• 15 PUSH UPS	
• INSTRUCTOR APPROVAL	
PHYSICAL EVENTS	
Admiral = 2 Required & 4 Elective Events	
"D" Junior Lifeguard = 1 Required & 3 Elective Events	
REQUIRED EVENTS	
• REENIE'S BUOY SWIM	
• RUN-SWIM-RUN	
ELECTIVE EVENTS	
• LONG DISTANCE RUN	
• LONG DISTANCE SWIM	
• PADDLE	
• SOFT SAND SPRINT	
• MONSTER MILE	
• GRAY LUNDE IRON MAN	
• "D" BUOY SWIM	
• "D" DOMINATOR	
GRADED EVENTS	
• WRITTEN TEST = Admiral 90%, "D" JG 75%	
• ABSENCES = Admiral 5 Days, "D" JG 8 Days	
FINAL RANK	

III.) General Orders

On the following page you will find the City of Newport Beach Junior Lifeguard General Order form. You will need to **print and sign this form and return it to your Junior Lifeguard Instructor.**



JUNIOR LIFEGUARD

GENERAL ORDERS

In order for the Junior Lifeguard Program to provide a safe and effective learning environment, all Jr. Guards are required to follow these rules:

***Directions: Please return a copy signed to your Junior Lifeguard Instructor the first week of the program.**

- ✓ **Arrive ON TIME in uniform with required gear in your issued backpack.**
- ✓ **DO NOT bring any valuables. (Examples: I-pod, jewelry, money, etc.)**
- ✓ **Cell phones are not allowed to be used during class time.**
- ✓ **Make-up days are only allowed after missing 5 days.**
- ✓ **A note is required from the J.G.'s parent/guardian to be excused.**
- ✓ **DO NOT wear J.G. uniform outside of J.G. class until August 9**
- ✓ **Please always throw away your trash and any you see.**
- ✓ **Respect fellow Junior Lifeguards.**
- ✓ **Exhibit good sportsmanship at all times.**
- ✓ **Be careful and respectful with JG equipment.**
- ✓ **Cussing and inappropriate hand gestures are never allowed.**
- ✓ **Answer all questions with "yes", rather than "yeah", "yep", etc.**
- ✓ **Remain alert at all times and be responsible for your own safety.**
- ✓ **Always act immediately upon the request of instructors.**
- ✓ **Always use the "buddy system". (3 people)**
- ✓ **J.G.'s should always be polite, courteous, and respectful to all.**
- ✓ **J.G.'s should always be safe and follow the "rules of the road".**
- ✓ **JGs will ALWAYS wear a HELMET when riding bikes, no exceptions!**
- ✓ **Remember: Junior Lifeguards represent the City of Newport Beach.**

"I have read the Junior Guard General Orders and I agree to follow them. I understand that violating any of the Junior Lifeguard General Orders, may result in disciplinary action."

JUNIOR LIFEGUARD SIGNATURE_____

PARENT SIGNATURE_____

IV.) Discipline

Junior Lifeguards must be on their best behavior while participating in the Junior Lifeguard program because they are representing the City of Newport Beach.

Included in this handbook for Junior Lifeguards and parents is a list of General Orders, which are designed for their safety and the safety of others. Violations of the General Orders will result in the following actions:

- ✓ **First Offense:** Meeting with their Instructor and a required report to the Group Leader.
- ✓ **Second Offense:** Meet with the Program Supervisor and Group Leader. In addition, a written report will be sent home to the parents.
- ✓ **Third Offense:** A parent conference with Program Captain and Program Supervisor, and possible dismissal from the program.

V.) Frequently Asked Questions

1.) Note on Group Placement

We arrange Junior Lifeguard groups roughly according to abilities. **We Do Not Take Requests For Friend Parings.** Safety is our number one priority in making group placements. Newport Beach Junior Lifeguards is public safety education program designed to create ocean safe children, not a recreation or social program. There are plenty of opportunities for your JG to be with their friends outside of JGs.

Please do not request you child be moved to be with a friend. Thank you

2.) Emergency Contacting your JG

If you need to contact your child during Junior Lifeguard Class, for an emergency or with vital information, call the Junior Lifeguard Headquarters at: **(949) 644-3170**

Your message will be delivered as quickly as possible. **Do not call your child's cell phone. They are not allowed to use their cell phones during Junior Lifeguard class.**

You can email us at newportjg@nbfd.net with routine information for your child or your child's instructor.

3.) Weather/ Surf Conditions

JG classes are held in all weather and surf conditions. Activities will be adjusted for the safety.

4.) Attendance

Leaving Early

If your child needs to leave his/her Junior Lifeguard class early, he/she is required to bring a **written note from a parent in advance**. Without a prior notice, your child may be a mile and 20 minutes from JGHQ. Please send a note so the instructor can make prior arrangements to have your child at the trailer at the given time. Please check out your child at the JG trailer when they leave.

Absences

In the case of an unplanned absence, please have your child bring a parent note on their return. **NO phone call is necessary**. Your child's Junior Lifeguard Instructor will collect all attendance related correspondence.

Junior Lifeguards may miss **up to five days** and still graduate at the highest rank (along with the other requirements). After missing 5 days, Junior Lifeguards may "make-up" a day by participating in the morning **and** afternoon sessions. This requires pre-arrangement and instructor approval.

5.) Special Medical Needs or Medications

If your child is on medication or has special medical needs please promptly inform his/her instructor as well as the JG program Captain or Supervisor.

6.) Break

Each group takes a 15-minute break during their class session. Junior Lifeguards should use this time to go to the restroom (with a partner), reapply sunscreen, re-hydrate, or eat a snack. **This is not playtime.**

7.) Phone Use

If a Junior Lifeguard needs to call a parent or guardian during class time, we ask that they receive permission from their Instructor. They will then be able to use the phone located in the Junior Lifeguard trailer. Junior Lifeguards are **not** permitted to use personal cell phones during class.

8.) Personal Items

Junior Lifeguards may store personal items such as scooters, surfboards, and skateboards in the designated storage area during Junior Lifeguard class. All personal items should be marked with the Junior Lifeguard's first and last name in permanent marker.

9.) Drop-off and Pick-up of JG's

The designated drop off area for Junior Lifeguards is at the flagpole on Main Street.

Turn Right on Palm St and follow the road around without entering the Main St parking lot. You will see the drop off area on the right, just past the pier when you turn on Main. JG staff will be on hand to provide safety and supervision.

AVOID the “A” & “B” Street parking lots.

Pay the Meters 8am-6pm and Do not park illegally

In addition, keep in mind that our surrounding areas are both commercial and residential. Please respect all of our neighbors especially on the Peninsula and Balboa Island. In addition, if your child rides the ferry, please remind them to respect the operators and passengers.

***Safety is our number one priority. Please drive carefully and follow all motor vehicle laws!!!!**

10.) Pedestrian/Bike Laws

It is important that Junior Lifeguards obey all traffic laws in order to ensure their own safety as well as others while going to and from Junior Lifeguards.

11.) Illness

If a child is too injured or ill to participate in the Junior Lifeguard Program, it is best if they take time off from Junior Lifeguards in order to recover. However, if the Junior Lifeguard is able to participate in a limited capacity, they may attend provided his/her instructor has been notified by a written note of the situation.

12.) Friends and Relatives

Due to liability and safety reasons, we do not allow any children to participate in Junior Lifeguards activities who are not enrolled in the program.

13.) Notebooks

All Junior Lifeguards will be issued a notebook and pen to take notes on JG class lectures. Junior Lifeguards are required to bring these notebooks to class daily and will be kept in your JG issued Backpacks.

14.) Lost and Found

Items that your Junior Lifeguard is missing may be in the lost and found tub located at Junior Lifeguard Headquarters. Remind them to check for these items.

15.) Uniforms

Junior Lifeguards are permitted to wear their uniforms from previous years. If you would like to purchase extra uniform items, please come to the trailer at the start of each Junior Lifeguard session (9 am or 1 pm). Items will be available for sale daily (until we run out) starting Monday June 30th.

All Items may be purchased with credit cards (Mastercard and Visa) or checks payable to the ***City of Newport Beach***.

ITEM	COST
Board Shorts	\$30.00
T-shirt	\$15.00
Sweatshirt	\$40.00
All Hats	\$20.00
Rashguard	\$25.00
Towel	\$25.00
Swimsuit 1 piece	\$40.00
Swimsuit 2 piece	\$40.00

Uniform size exchanges will be available the first Tuesday of the program at 9 am and 1 pm. Please do **not** write your Junior Lifeguard's name in their uniform if an exchange is necessary.

VI.) Special Events

To assist you in planning your family's summer activities, we have included all of the dates of the Junior Lifeguard events. Please review this information.

A.) FIRST DAY OF JUNIOR LIFEGUARDS

Monday, June 23rd

All Junior Lifeguards should report to Junior Lifeguard Headquarters for roll call at the start of their session. Please arrive ready for the day with your issued gear, water and a snack.

We will have a general orientation for parents and participants on the first day to answer any questions you may have.

Dismissal will be at 12 noon for the morning session and 4 pm for the afternoon session.



B.) FAMILY HOT DOG DINNER



Thursday July 10th

Please bring the entire family and join us for the Annual Junior Lifeguard Hot Dog BBQ, Thursday, July 10th from 5:30 pm - 7:30 pm. This will give you a chance to meet all of the Junior Lifeguard Instructors.

We will also conduct some Junior Lifeguard games for those energetic Junior Lifeguards and their family members who are interested in a little healthy competition.

We will provide dinner, drinks, and utensils. All you need to bring is a dessert that can feed 8 - 10 people in a disposable container.

Come enjoy a fun evening at the beach!

C.) JUNIOR LIFEGUARD PICTURE DAY



Tuesday, July 15th

Tuesday, July 15th is Junior Lifeguard Picture Day. **Wear your 2014 issued Junior Guard Uniform.** The morning class will meet from 10 am – 1 pm (ONE HOUR LATER) and the afternoon class will meet from 12 pm - 3 pm (ONE HOUR EARLIER).

Envelopes from Yary Photography will be handed out the day before so you can order your prints and enclose a check.

*Pictures will be mailed to you directly from Yary before the end of the 2014 Junior Lifeguard Program. (NOTE: Late orders or reorders are possible however this may take months to fill).

D.) REGIONAL COMPETITION



Friday, July 25th

Invitation Only

Huntington State Beach at Newland Street

A regional TEAM NEWPORT will be selected to participate in the 2014 Regional Junior Lifeguard Competition. The team will be selected by invite only based on competition results. The event will take place in on July 25th, 2014 from 8 am - 4pm, at Newland Street at Huntington State Beach.

GO TEAM NEWPORT!

E.) MONSTER MILE



Thursday, July 31st

On Thursday, July 31, we will hold the Annual Monster Mile. Roll call for all participants begins at 10 am and dismissal will be at 1 pm. The event consists of a 1 mile run from the Balboa Pier to 10th Street, and a 1 mile swim back. Wear a costume and **bring your fins** for the swim. In addition, bring a lunch and plenty of water to drink. There will be an alternative course for those participants who do not wish to participate in the swim course. As always, the course may be altered for participant safety.

F.) GRAY LUNDE IRONMAN

Saturday, August 9th

***You must receive permission from your Instructor in order to compete in this event.**

**NOTE: GRAY LUNDE IRON MAN APPLICATIONS DUE BY
Monday, August 4th**

On Friday, August 9th, we are honored to conduct an Iron Man in memory of Gray Lunde, a former Junior Lifeguard. This event was his favorite event in Junior Lifeguards. He competed in it for the first time when he was only 9 years old. The Iron Man is a very physically demanding event and is not required. Gray always looked forward to competing and we invite you to join us as well.

Date: Saturday, August 9th

Time: 8:00 am to 12 noon

**Location: The event begins at the River Jetty
@ Tower #74.**

Participants will run to the Newport Pier (2.2miles), swim around Buddy's Buoy twice (400m), run to the Balboa Pier (1.7 miles), swim around Reenie's Buoy twice (400m), run to "G" Street, and back to the **finish at the Balboa Pier** for recognition.

Please remember that this event is very long and anyone interested must have prior permission from his or her Junior Lifeguard Instructor. All participants need to pre-register for the event at Junior Lifeguard Headquarters by Monday, August 4th. Registration forms can be downloaded from the NBJG website.

The event will start at 8:00 am. Parents should drop off their Junior Lifeguards at the River Jetty (Tower #74) at 8:00 am for roll call with only what they need in order to participate in the event.

Parents should pick up their Junior Lifeguards at 11 am from JG Headquarters.

G.) GRADUATION DAY



Thursday, August 7th

Thursday August 7th is our final day of the 2014 Junior Lifeguard Program. All Junior Lifeguards should bring a lunch and report to JG Headquarters in uniform for various fun activities, games, and awards **shortened times 10-12 and 1-3**

On the evening of Thursday, August 7 we will recognize all of our Junior Lifeguards at our Annual Graduation Ceremony. Junior Lifeguard Instructors will recognize special Junior Lifeguards with awards!

We hope Junior Lifeguards will invite the entire family to come and celebrate the completion of another amazing Junior Lifeguard summer.

The ceremony will take place at Junior Lifeguard Headquarters. Junior Lifeguards should meet at the trailer and will sit with their groups during the ceremony. Get there early for good parking and seats. Please feel free to bring a picnic with beach chairs or towels to sit on.

All certificates and DVDs will be distributed at the graduation ceremonies.

Time TBA (evening)

VII.) 2014 Junior Lifeguard Program Calendar

The following page is our Calendar for Summer 2014. We recommend that parents keep this page handy to review frequently for all Special Event days and times with their Junior Lifeguards.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 JUNE	23 FIRST DAY AM 9-12 PM 1-4	24	25	26	27 No JG's On Fridays unless otherwise noted	28
29	30	1 July	2	3	4  HOLIDAY No JG's	5
6	7	8	9	10 HOT DOG DINNER 5:30 (REGULAR CLASS TIMES)	11 No JG's	12
13	14	15 PICTURE DAY AM 10-1 PM 12-3	16	17	18	19
20	21	22	23	24	25 REGIONALS COMPETITION HB State (Invite Only)	26
27	28	29	30	31 MONSTER MILE 10AM - 1PM Everyone	1 August  SB Fiesta	2
3	4	5	6	7 LAST DAY of Regular JG's -Am 10-12 -Pm 1-3 Graduation (evening)	8	9 Gray Lunde Ironman 8:00am Instructor Permission <u>required</u>

VIII.) Contact Information



Junior Lifeguard questions can be answered
on a year round basis.

(949) 644-3170
newportjg@nbfd.net

Please check our website in January 2015
for Swim Test and Registration information
for next year!

[Newport Beach Junior Lifeguards](#)